

He was rolling with more 3 grams of alcohol per liter of blood

Page 10

The new north stand of the Boniface stadium inaugurated

Page 13

Alzheimer



Winning blow against disease

Henri-Emmanuelli center in Dax.

PHOTO ISABELLE LOUVIER / "SOUTH WEST"

DAX

Since September, the Landais Alzheimer Village has offered an activity bring table tennis to its residents. Moments that improve motor, intellectual and social stimulation

Pages 10-11

ELECTRIC CAR

Social leasing takes off with a bang, the government slows down

Page 7

THE FRENCH AND ALCOHOL

The wine industry is breaking the rules



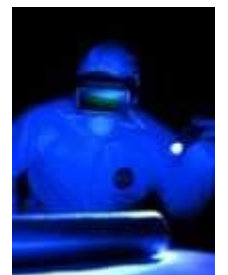
GUILLAUME BONNAUD / "SOUTH WEST"

Concerned about their health, young people consume I drink less and less alcohol. But Gironde wine growers still want to believe it. Report at Wine Paris & Vinexpo. P.2-3

DECRYPTION

At the heart of criminal investigations

Page 5



LANDES

ALZHEIMER LANDES VILLAGE IN DAX

When sport makes you forget

Procedural memory, coordination, motor skills, social connection: since September, the Landais Alzheimer Village has been offering a table tennis activity in partnership with the Hossegor club and the Nova Palm foundation. A winning move

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Table tennis, Francine, she teases. The reverse side is clean and methodical. The exchanges are long, exceeding ten racket strokes. The octogenarian has the laugh, even if sometimes the mind wanders. "Bravo Francine," rejoices occupational therapist Lise Baussin, 28, who plays sparring partners on the other side of the net.

Since September, thanks to a partnership between the Hossegor table tennis club and the Nova Palm foundation, which made table tennis equipment available, the Landes Village Alzheimer, in Dax, offers every Tuesday afternoon a ping-pong session for its villagers, whether they are admitted to day care or residence.

"I'm enjoying it"

Looking at the faces, the activity is a winning move. "I'm enjoying it," laughs Brigitte, 62, in whom the disease was detected at the age of 58. Frédéric keeps smashing. As for Bernadette, in her sixties, table tennis reminds her of her years in primary school and college. "I like. I had a table at home before," expresses the Dacquoise patient, who comes once a week, during the day, to the Alzheimer's village. And she has some nice leftovers. As Francine.

"While in the other activities proposed, we had struggling to get him to work on his coordination",

with a racket, the octogenarian reveals himself and "plays really well". "Her daughter explained to us that Francine had played tennis when she was young. It is linked to procedural memory [memory of automatism, Editor's note]. It's a

"A gentleman who has difficulty getting up from the chair, a once at the table, manages to stand up straight. It stimulates a lot"

action that she used to do a long time ago and which remains anchored," explains Lise Baussin.

The activity is "accessible to all", argues Myriam Seelwe ger, 59 years old, member of the Hossegor table tennis club, who discovered Alzheimer's disease through volunteer Tuesday afternoons. She cites as an example "a gentleman who has difficulty getting up from the chair, but once at the table, manages to stand up straight. It's extremely stimulating."

Object of research?

"In this disease, it is very important to have a link through look in the face, and this sport allows that. It promotes focus and coordination" within a restricted area, indicates Doctor Gaëlle Marie-Bailleul (1).



Bernadette even tries the experiment with two rackets.

ISABELLE LOUVIER/ "SOUTH WEST"

"The contribution of ping-pong to the disease has not yet been scientifically proven," notes the specialist, who would like "a research project" on the subject and "that we bring a team of Inserm [National Institute of Health and Medical Research, Editor's note] to come and work on it. It's being linked," she slips.

For caregivers too, the Tuesday table tennis activity is a moment apart. "Through this workshop, we wanted to allow nurses, occupational therapists, psychomotor therapists, to be able to seize a moment when

we meet the Villagers differently, around an activity, with their own perspective," adds Gaëlle Marie-Bailleul.

Multiple stimulations

"It's an additional activity to the range of everything we already offered. We were pleasantly surprised by the accessibility of the workshop, fun and quick to learn. There is very interesting motor, intellectual and social stimulation," says Fabien Pradal, psychomotor therapist. "It's a very rich activity.



The Tuesday table tennis activity is a special moment.

ISABELLE LOUVIER/ "SOUTH WEST"



Brigitte receives advice from Christian Ségales, trainer in Hossegor. ISABELLE LOUVIER/ "SOUTH WEST"

disease



And we even come to play at other times individually (with other patients, Editor's note)," continues the caregiver, happy to see that over time, the Villagers have taken ownership of the activity. "At the beginning, the game was mainly played with a caregiver or a member of the Hossegor club facing a Villa Geois. Now, we have managed to find profiles that work well with each other.

So much so that in passionate exchanges, it is sometimes necessary to signal the end of "recess" to pass on the rackets.

(1)Referring physician and Village coordinator, psycho-geriatrician specializing in Alzheimer's disease and behavioral disorders.

LANDMA

JUNE 2020: opening of the Alzheimer village in Dax.
Objective: "Experience the illness differently, in a familiar and flexible environment. No white coat, no time to get up, go to bed or shower."
STAFF: 120 professionals (nursing, technical and administrative) for 120 residents (alone or as a couple). 80 volunteers.
COST: 28.8 million euros for construction (20.4 million euros payable by the Department), 8 million euros for annual operation, including nearly 4 million financed by the Regional Health Agency.



Racket in hand, Francine finds her backhand inherited from her tennis years. ISABELLE LOUVIER/ "SOUTH WEST"